

DIABETES PREVENTION AND CONTROL PROGRAM

DIABETES AMONG ADULTS IN ARKANSAS, 2010

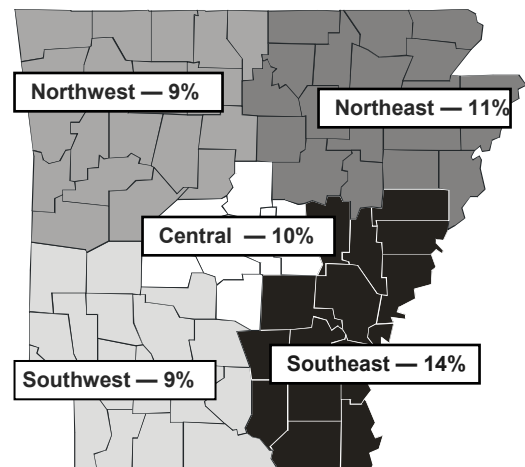
In Arkansas, 1 in 5 adults age 65 or older have been told by a healthcare professional that they have diabetes.

THE BURDEN OF DIABETES

- ◆ Diabetes can lead to blindness, kidney damage, heart disease, lower-limb amputations, and other complications. People with diabetes can prevent these complications by carefully managing their disease and making healthy lifestyle choices.
- ◆ According to the Centers for Disease Control and Prevention, the risk for death among people with diabetes is nearly twice as high as people without diabetes of similar age.
- ◆ Over 212,000 Arkansas adults (9.6%) have been told by a doctor that they have diabetes. Many others have undiagnosed diabetes and therefore their disease is not managed.

PUBLIC HEALTH REGION

The map to the right shows how estimated diabetes rates vary by public health region in Arkansas.

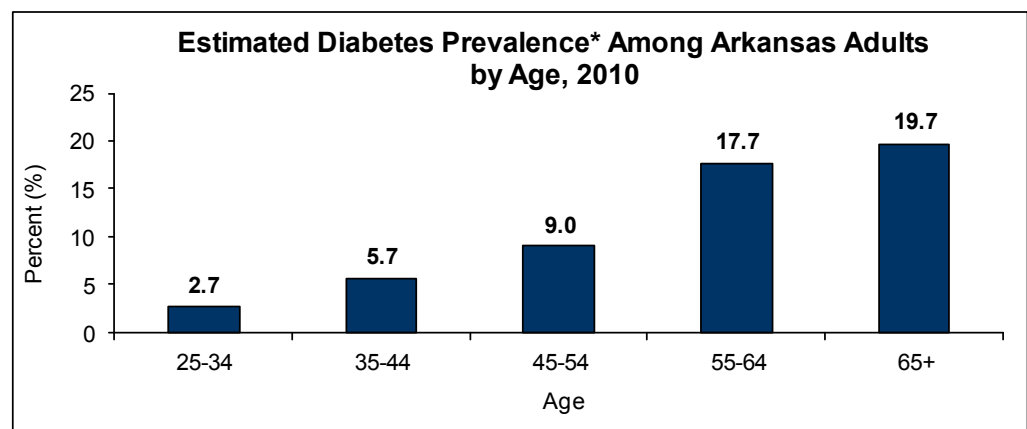


RACE/ETHNICITY

Among adults, 11.6% of Blacks have been diagnosed with diabetes, followed by 9.3% of Whites, and 8.3% of Hispanics.

AGE

Diabetes prevalence* increases with age, as shown in the graph below.

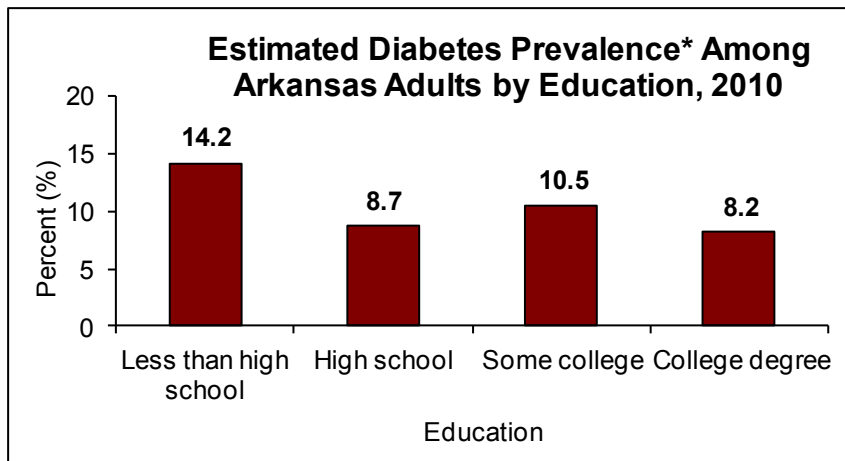


GENDER

In Arkansas, an estimated 9.8% of adult men have been diagnosed with diabetes. The estimated prevalence* among adult women was similar at 9.5%.

EDUCATION

Adults who do not complete high school are more likely to have diabetes, as shown in the graph below.



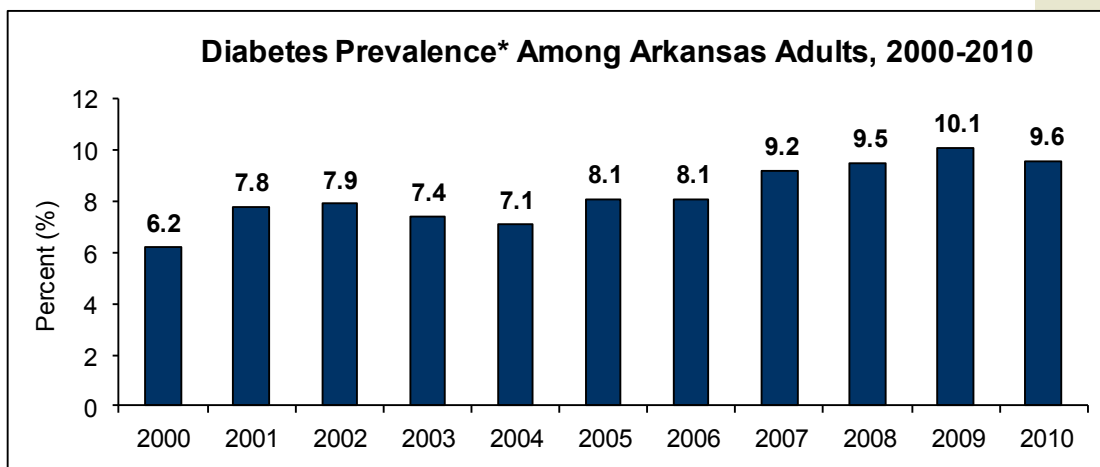
HEALTH RISK FACTORS AMONG ADULTS BY DIABETES STATUS

Arkansas adults with diabetes have the following health risk factors that put them at increased risk for developing complications.

	Diabetes	No Diabetes
Do not exercise in leisure time	40.6%	28.6%
Are obese (BMI 30 or greater)	56.2%	28.2%

TRENDS OVER TIME

The prevalence* of diabetes has generally increased since the year 2000, as shown in the graph below.



In Arkansas, 41% of adults with diabetes do not exercise during their leisure time.

For more information on Diabetes, call the Diabetes Prevention and Control Program at (501) 661-2093.

*Diabetes prevalence refers to the percentage of respondents reporting a healthcare professional has told them they have diabetes.
Data Source: Behavioral Risk Factor Surveillance System (BRFSS), Arkansas Department of Health, <http://brfss.arkansas.gov>.